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upcoming at UD

COVERAGE TIPS FOR PRINT AND BROADCAST MEDIA

Oct. 31, 1991
Contact: Pam Huber

NOV. 8: ONE MONTH AND COUNTING UNTIL UD'S CHRISTMAS ON CAMPUS

Even before the Macy's Thanksgiving Day parade, the University of Dayton has its mind on Christmas. UD's Christmas on Campus committee will kick off a one-month countdown until the campus celebration at 11:50 a.m. Friday, Nov. 8, in the Kennedy Union Plaza. The plaza and the inside of Kennedy Union will be decorated for the holidays, and the Ebony Heritage Singers will be on hand to provide sounds of the season. The theme for this year's event is "Something To Believe In." For more information, contact Cambra Kedzierski at (513) 229-3372.

NOV. 19: LIFE'S EMERGENCIES TO BE SUBJECT OF UD LECTURE

When things go wrong, the best way to cope is by being prepared. Shanda Zaharako, a registered nurse at Sycamore Hospital, will discuss how to handle life's daily emergencies from 12:05 to 12:50 p.m. Tuesday, Nov. 19, at the University of Dayton in St. Mary Hall Room 422-424. For more information about this UD Wellness Program lecture, call (513) 229-3662.

NOV. 21: UD CLASS TO FOCUS ON ADVANCES IN BRAIN WAVE TRAINING

Although electroencephalogram (EEG) biofeedback and brain electrical activity planning sound frightening, people can actually use them to enhance their health. Dick Genardi, a psychologist at Behavioral Medicine Inc., will tell how brain wave training can be applied to epilepsy, attention deficit disorders, sleep problems, anxiety, pain and chemical dependency from 12:05 to 12:50 p.m. Thursday, Nov. 21, at the University of Dayton in St. Mary Hall Room 422-424. For more information about this UD Wellness Program lecture, call (513) 229-3662.

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The University of Dayton

For further information or assistance in scheduling interviews, contact Office of Public Relations, (513) 229-3241.